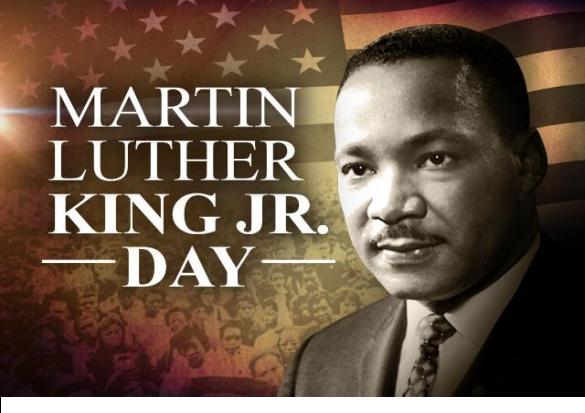


The Children's Center JANUARY 2026 Menu

One and Older - Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 All Center's Closed	2 EHS/HS Closed Breakfast: Kix, pineapple, Milk
				Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk  Snack: Chips and Salsa, Milk
5	6	7	8 Board Meeting	9
Breakfast: Hot Biscuit, peaches, Milk  Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk	Breakfast: Kix, pineapple, Milk  Lunch: Meatballs on whole grain roll, tropical fruit, ^green beans, Milk	Breakfast: Chicken sausage links, **chef's choice fruit**, Milk  Lunch: Chili, applesauce, whole grain roll and Milk	Breakfast: Pancakes, applesauce, sugar free syrup, Milk  Lunch: Grilled chicken patty on bun, corn, peas, Milk	Breakfast: Oatmeal, pineapple, Milk  Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, Milk
Snack: Whole grain cheez its and Milk	Snack: Tortilla Pizza, water	Snack: Vanilla yogurt, peaches and water	Snack: Apple Slices and saltines and water	Snack: Strawberry Yogurt Snack Mix and Milk
12	13	14	15	16 HS Closed - Teacher Work Day
Breakfast pizza, mandarin oranges and Milk  Lunch: Beef Meatballs in gravy, mashed potatoes, ^green beans, whole grain roll and Milk	Breakfast: Waffles, pineapple, Milk  Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk	Breakfast: Cheerios, peaches, Milk  Lunch: Spaghetti w/meat sauce on whole grain noodles, **chef's choice veggie**, Cantaloupe and Milk	Breakfast: Oatmeal, pears, Milk  Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk	Breakfast: Cream of Wheat, applesauce, Milk  Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk
Snack: Ritz crackers, cheese and water	Snack: Mandarin Oranges and Milk	Snack: Warm wheat biscuit, *chef's choice fruit* & water	Snack: Tortilla with Cream Cheese, Milk	Snack: Cheese sandwich, pineapple and water
19 All Center's Closed 	20	21	22	23
	Breakfast: Kix, mandarin oranges, Milk  Lunch: Chicken Spaghetti Bake, peas, **chef's choice veggie** and Milk	Breakfast: Chicken Sausage links, pineapple, Milk  Lunch: Swai fillet with lemon pepper, **chef's choice veggie**, broccoli*, roll, and Milk	Breakfast: Waffles, bananas, Milk  Lunch: Meatball sub on whole grain bun, pears, *Spinach, Milk	Breakfast: French toast chef's choice fruit and Milk  Lunch: Macaroni and cheese, ^green beans, yams* and Milk
	Snack: String Cheese and Milk		Snack: Gold fish crackers and Milk	Snack: whole grain cheeze its, mandarin oranges and water
26	27 POLICY COUNCIL	28	29	30
Breakfast: Cheese toast, applesauce, and Milk  Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk	Breakfast: Vanilla Yogurt, pineapple and Milk  Lunch: Cheese Ravioli with Mozz Cheese, peaches, broccoli* and Milk	Breakfast: Cheerios, **chef's choice fruit**, and Milk  Lunch: Taco Soup, pears, whole grain roll and Milk	Breakfast: Grits, pears and Milk  Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk	Breakfast: Pancakes, peaches, sugar free syrup, Milk  Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk
Snack: Pears and Milk	Snack: Strawberry Yogurt Snack Mix and Milk	Snack: Kix and Milk	Snack: Mandarin Oranges, whole grain cheez its and water	Snack: Vanilla Yogurt, pears, water

\* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat - Individualized Menus will be sent separately.

"This institution is an equal opportunity provider and employer"

^Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods